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FEEDBACK

Biting Commentary

Henry Marzell writes:

“For many, many years I have been plagued with a habit, persistent and more than annoying, of biting the inside of my cheek. I have feared that the constant irritation might cause cancer, disfiguring, etc. I tried self-hypnosis, dental work, trying to keep part of a toothpick inserted between my teeth, etc. I even played a game with my grandson, giving him a dime every time he caught me. I had to stop that to remain solvent.

Unbelievably, after two tapes (*Discovery #1* twice), I noticed that I was not biting. There is a calm feeling in my teeth and jaw and the absence of the desire that always returns. Naturally, I am continuing (the tapes). I did the second tape and I will repeat it today. I hope that this is not just a temporary respite, but I have a feeling that it will not recur. For this I am really grateful.”

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